

Raw Reality TV

KATIE MALONEY

BY YANA MANDEVILLE

About compulsive liars, drama queens and luses

Did Katie of “Vanderpump Rules” cheat on boyfriend Tom Schwartz? How can she go back when the wine he tossed in her face is splashed all over the Internet? Did he blow two job interviews she set up for him? And does he lose everything? HealthyLivinG discovers what makes sizzling action and intrigue for the unreal world of reality TV and what it has to do with real life success.

“*When emotion runs high, logic runs low.*”



HL: Tell us a secret—how much of a reality show is scripted?

Katie Maloney: I can't speak for every reality show but ours is not scripted! Clearly we have producers and writers so with that many cooks in the kitchen the result sometimes leads people to believe "it's not true" but we are a group with a long history of loving hard and fighting hard. We simply just live our lives and forget the cameras are there!

HL: Are qualities that make a person a reality TV star the same that earn them success in other areas of their lives or are they quite the opposite?

Katie Maloney: Hmm, let me try to break that down for a second. A few qualities that make for a reality star are being an extrovert, bold, outspoken and affable. These are qualities that I feel would absolutely make you successful in other areas of life. Now on the other hand, we have qualities such as being compulsive liars, drama queens and luses. These would make up a great reality star but would be a major detriment in every area in life.

HL: How do you think your castmates' behavior on the show impacts your viewers since it turned into stardom for you?

Katie Maloney: Although there are some despicable behaviors displayed you have to keep in mind the context in which it's transpiring. When emotion runs high, logic runs low. I think that's sometimes lost on viewers and they are committed to thinking that we are a bunch of dumb, insubordinate animals.

HL: How do you commit to a gym routine with so much shooting?

Katie Maloney: I have tried to integrate it heavily into daily life so I don't have to think about it too much. Kind of like brushing my teeth.

HL: Our traditional last question: what are your health tips for HL readers?

Katie Maloney: Moderation is key. I know people throw that around a lot but I think living a balanced lifestyle is healthy. I also strongly believe in the power of coconut oil for everything—hair, skin, oral hygiene and cooking!



MHP

Power Pak Pudding

I'm a chocolate lover so this is a treat for me. On days when I am rushed and not getting enough protein, one of these pudding cups saves the day!



MATY'S

All Natural Cough Syrup

When I am sick I like to take extremely good care of my body. This cough syrup works fast and keeps my symptoms at bay. The antioxidant powers get me right back to health.



ALOE LIFE

Skin Gel

Some skin areas need special care. This gel is restorative for dry hands.

EARTH FRIENDLY PRODUCTS

Stainless Steel Cleaner & Polish

This cleaner is not only effective but safe. It's nontoxic so I can feel safe using it anywhere in my kitchen.

SHOWERWISE

Great skin and hair starts in the shower. There are more contaminants in our water than most are aware of. These contaminants can be harmful and harsh on skin and hair. With this filtrated shower head, this is no longer a problem. My hair is shinier and skin soft and clear.



MEGAFOOD Daily Energy

I like coffee and caffeine, but I usually crash by midafternoon. Not to mention caffeine makes me jittery and I can't stand that. The first time I tried Daily Energy I felt energized, but I felt good. It's true how much better you run on quality ingredients.



BRAGGBERRY™

Organic Dressing & Marinade

I like dressing, and I like to use a lot of it. With other dressings, I run the risk of high fat and calories. Braggberry is organic and does not have added sugars and preservatives.



BRAGG

Sea Kelp Delight Seasoning

My boyfriend and I grill a lot so this seasoning is a perfect alternative to seasonings high in salt but offers just as much flavor. We enjoy this on our steak!

SPRY Whitening Kit

I do not experience the same sensitivity with Spry as I have with other brands but I got the same results. If I can get whiter teeth and not destroy my tooth enamel in the process then I am a fan!



SPRY

Power Peppermints

I like fresh breath as much as anyone, but I don't like the sugar that comes with it. Spry mints are sugar free and delicious.



AUBREY Revitalizing Therapy cleanser

This cleanser is awesome! It removes makeup and cleans deep but does not dry out my skin. My skin feels fresh and hydrated after every use.



BIOKLEEN Drain Care

I go green as much as possible, even with cleaning agents especially those that we use in our drainage. Biokleen Drain Care is made up of ingredients that come from the earth and work like a charm on all of my clogged drains.

XLEAR Sinus Care Spray

I suffer from sinus pressure and allergies often. I find nasal sprays alleviate the symptoms. I was happy to be introduced to Xlear Sinus Care Spray. I feel like I can breathe so much better and it doesn't dry out my nose like other saline nasal sprays are known to do.



IMMUNE-TREE LeptiTrim6

I try to be as active as possible and eat a balanced diet. LepiTrim6 gives my metabolism a boost. I get extreme cravings that lead to overeating. LepiTrim6 helps me avoid overeating without any negative side effects because it has leptin-enriched colostrum that blunts the taste of sugar.

